

Pelvic Health Pre-Screen

The below has been put together by Finish Line PT.
Visit finishlinept.com to learn more about who we are.

DO YOU EXPERIENCE ...

PELVIC PAIN, PRESSURE OR HEAVINESS WITH:

- voiding (bowel or urine)
- coughing, sneezing
- jumping
- running
- sex

URINARY LEAKAGE WITH:

- coughing, sneezing
- jumping on 2 feet
- hopping on 1 foot
- walking
- running

WHAT DOES THIS MEAN FOR YOU?

0-1 symptoms: You present mild to no symptoms and should be good to follow any plan of your choice!

2-3 symptoms: We recommend having a chat to your physio or doctor before you begin the program. You may need some modifications and additional support not included in Turia's program. If you don't have a physio, you can reach out to us [here](#).

4+ symptoms: We're not sure this program will be right for you. Please consult a doctor and/or physio. If you don't have a physio, feel free to [contact us](#) and we'll help you assess whether or not this program is right for you.